**National Walk Safely to School Day**

Students walked to school last Friday from the Dundurrabin Community Centre as part of Walk Safely to School day. Once at school we all enjoyed a scrumptious breakfast provided by our P&C consisting of fruit toast, toast, juice and warm milo.

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<table>
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<tr>
<th>FORTNIGHTLY AWARDS</th>
<th>WHAT’S ON FOR TERM 2</th>
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<td><strong>Week 6 - Term 2, 2015</strong></td>
<td><strong>Week 6</strong></td>
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<td>Student of the Week</td>
<td>Wednesday, May 27th</td>
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<td>Caleb Berg</td>
<td>Thursday, May 28th</td>
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<td>Sports / Value Person</td>
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<td>Jaden Broadhurst</td>
<td>National Simultaneous Storytime</td>
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<td>Mathlete of the Week</td>
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<td>Jarvis Pankhurst</td>
<td>Biggest Morning Tea - 11.15am</td>
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<td>Class Awards</td>
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<td>Robert Maddern</td>
<td>Music Trio &amp; Sport at Hernani PS</td>
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<td>Terrific sounding out of words</td>
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<td>Lucy Not</td>
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<td>Terrific writing</td>
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<td>Izabella Bennet</td>
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<td>First student to complete</td>
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<td>the PRC 2015!!!</td>
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**Well Done!**

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**WHAT’S ON FOR TERM 2**

**WEEK 6**
- **Wednesday, May 27th**
- **Thursday, May 28th**
- **Friday, May 29th**
- National Simultaneous Storytime
- Biggest Morning Tea - 11.15am
- Music Trio & Sport at Hernani PS

**WEEK 7**
- **Monday, June 1st**
- **Friday, June 5th**
- Preschoolers Morning 10am - 12noon
- Special Canteen Day

**WEEK 8**
- **Monday, June 8th**
- **Friday, June 12th**
- Queen’s Birthday Public Holiday
- Crazy Hair Day

**WEEK 9**
- **Tuesday, June 16th**
- **Friday, June 19th**
- Amazing Ants Video Conference
- Special Canteen Day
- Sport at Hernani PS

**WEEK 10**
- **Thursday, June 25th**
- **Friday, June 26th**
- Term 2 Assembly – 2pm
- NAIDOC Day at Dorrigo HS
- (Last Day of Term 2)
Hernani Combined Schools Day
Creative writing was the focus of the day when we visited Hernani PS last Tuesday. Students were highly engaged in writing activities with the children’s book author, John Heffernan. He began each session by reading sections of a number of his books and giving insight into where he finds the inspiration for his writing. We look forward to finishing off the writing tasks we started with John in the coming days. Students also worked with Mr K on the basketball court developing ball skills and with Mrs Winkel responding creatively to other stories written by John Heffernan.

SAKG Gardening & Cooking
Week 4
In the garden we planted pomegranate, a green manure crop in the netted garden, transplanted lettuce seedlings and did lots of weeding. We harvested lettuce, spinach, pak choi, herbs, chillies, parsnip and shallots.

Thank you to Gail for donating the mince for the chilli con carne and to Di Freeman for the tamarillos. In the kitchen we cooked chilli con carne, rice, plain and spicy roti, green salad with avocado, pumpkin seeds and parsnip chips served with a garlic lemon dressing and rhubarb and coconut slice. Thank you to Julie and Gail who volunteered in the garden and kitchen.

Week 5
In the garden we planted a green manure crop, harvested some amaranth, planted brassicas and some donated plants and bulbs. We harvested lettuce, pak choi, lemons, borage, chives and parsley. In the kitchen we cooked ravioli with pumpkin, lentil...
side dish with borage, apricot and melon couscous salad with nasturtium flowers, tamarillo and coconut slice. We all also preserved basil in two different ways – jar and oil / pureed with oil and frozen. Thank you to the Freeman family for the plants and to Julie and Gail for rockmelons. Thank you to Gail, Julie and Colleen who volunteered in the garden and kitchen.

**Dancing**

Students are enjoying learning a variety of dancing techniques and styles on Monday afternoons as part of their Creative Arts lessons. These are high energy afternoons when the classroom beats to Modern Music.

**National Simultaneous Storytime – this Wednesday 27th May – 11am**

National Simultaneous Storytime is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 15th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children’s book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Grades K to 6 and the pre-school Early Learning Years Framework. Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. The chosen book for 2015 is “The Brothers Quibble” written by Aaron Blabey.

**Biggest Morning Tea – Thursday 28th May**

We will be holding a Biggest Morning Tea at school on Thursday 28th May at 11.15am. Everyone is welcome to join us for a cuppa and morning tea. Please bring a plate to share and a donation for the Cancer Council. There will be raffle running and raffle tickets will be sent home. First Prize is a yummy “cuppa pack” consisting of cup, biscuits and chocolates. Tickets are $1 each and all money raised goes to the Cancer Council.

**Combined Sport Afternoons – this Friday 29th May**

This Friday 29th May we will travel to Hernani Public School to attend our fortnightly sport session and a Music trio Performance. **We will depart school at 8:30am and return to school by 12 noon** in time for lunch and afternoon activities. Our next Hernani sport date will **Friday 19th June**.

**Preschoolers Morning – Monday 1st June**

Join us for our pre-schoolers visit on Monday 1st June here at school from 10am to 12noon. There will be educational activities that help develop gross and fine motor skills as well as art and craft. All preschool children aged 1-5 are welcome.
Special Canteen Lunches – Friday 5th June
Friday 5th June we will have a special canteen lunch. Lunch orders will be sent home tomorrow, please return them by this Friday.

Long Weekend – Queen’s Birthday Public Holiday
Monday 8th June (Week 8)
Don’t forget Monday 8th June is the Queen’s Birthday long weekend (Public Holiday). School will resume Tuesday as normal. We hope all families have a safe and fun long weekend.

Crazy Hair Day & Mufti Day – Friday 12th June
On Friday 12th June we will have a Crazy Hair Day gold coin fundraiser for Cystic Fibrosis. In Australia, a child is born with Cystic Fibrosis (CF) every four days. There is no cure for this mortal disease which affects the lungs and digestive system. Cystic Fibrosis NSW is there to support children and young adults with CF. Students are to come with the craziest hair they can think of: teased, coloured, gelled, twisted, wigs and scarves, punk or just plain messy! This will also be a mufti day (non-uniform).

K-6 Video Conference – Amazing Ants – Tuesday 16th June
On Tuesday 16th June, students in Years K to 6 will be participating in a Video Conference about Amazing Ants. During this interactive video conference students will explore the amazing world of ants. Students will learn about the importance of ants, their features and habitats and how to safely collect them. During the VC students will meet a scientist, Dr Kirsti Abbott who explains her work with ants. Students will need to return the attached permission note in order to participate in the conference.

Yr 5 & 6 Sydney Excursion – 2nd to 6th November
Our Year 5 & 6 Sydney Excursion is fast approaching. The cost is $480 per student. Families may wish to start paying instalments weekly / fortnightly from now until the 23rd October. Attached is an invoice for those participating students.

Premier’s Sporting Challenge,
The 2015 Premier’s Sporting Challenge will begin this week at school. The challenge requires students to record any sport and physical activity they participate in over the course of a 10 week period. The challenge will take place in class time and should be an easy achievement for all students as we are currently practicing skipping techniques and circus skills daily. Students may accumulate time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, after school or in weekend physical activity. The program encourages students to lead healthy, active lifestyles. Once again Mrs Keough, Mrs Sangster and Melissa will take part in the challenge buy wearing a pedometer to count steps. Keep posted for updates.

Term 2 SAKG Weekly Contributions - Due Now
If you have a payment slip attached for Term 1, please pay the amount before the end of term.

BookClub Issue 4 – Due back Tuesday 9th June
If you wish to place an order from Bookclub Issue 4, please have your order forms and money (cash/cheque made to Scholastic) back at school by Tuesday 9th June.

P&C News & Community Notices

P&C Wood Raffle Tickets
First Prize: Trailer of split Firewood (Delivered locally)
Drawn: Friday 5th June.
Tickets: $1.00 each (book sent home last term).
Please have all tickets sold/unsold and money returned to school by Thursday 4th June.

The Paul Muir Pool Competition - 6th & 7th June
Long Weekend
Just a reminder that the June Long Weekend Saturday 6th and Sunday 7th June is the time for Dundurrabin’s unique pool competition – so keep it free! The kid’s comp will be on again this year too for those not yet turned 16 (speed pool and pool) - $2 entry fee. The senior competition runs over 2 days, covering 4 rounds - speed pool, pool, snooker and 9 ball - $5 entry fee. Further details contact Bob Sangster on 6657 8071 or just turn up on Saturday 6th June for a 10.30am start.

P&C Boot Sale – Dundurrabin Community Centre
Volunteers Needed – Saturday 6th June
As you may know the Dundurrabin Community Centre is having a car boot sale on Saturday 6 June 2015 from 10am to 3pm. Alice McLennan has very kindly donated a large number of clothes for a stall. All proceeds will go to the Dundurrabin P&C. Any donated items would also be greatly appreciated. This stall will only be able to go ahead with the help of volunteers from our school on the day. If you are able to spare some time please let Melissa know as soon as possible. Thanks very much, Becky.
Big week of Soccer

It’s a big week for soccer and the Dorrigo Highlanders Club with a night game on this Wednesday and all teams playing at home this Saturday. Action kicks off this Wednesday night at the Alex Cork Fields with a 6.30pm start scheduled for the Dorrigo Highlanders against the Bellingen Bats. This make-up game is a “Top of the Mountain” versus Valley clash with plenty of familiar faces making up the Dorrigo team. This will be a test for the Highlanders with the Bellingen team currently sitting in second place on the North Coast Football ladder. Bring a travel mug, a warm blanket and plenty of voice to cheer on the home team.

After some broken rounds with rain and closed fields the Dorrigo Club is looking forward to a fine weekend to play host to four visiting clubs. Saturday’s play on the Alex Cork Fields begins early with the Miniroos on the main field from 9am and runs right through the day with the Dorrigo Highlanders playing the Sawtell Scorpions in the final game at 3pm.

The full game list for the day is: 9am Miniroos; 10am 8s girls Lyrebirds vs Bellingen; 10.15am 14 girls Bluegums vs Bellingen; 10.40am 11s Wallabies vs Bellingen; 11am 8s boys Quolls vs Boambee; 11.30am 16 girls Waratahs vs Bellingen; 12 noon 9s Dingoes vs Sawtell; 1pm Women’s Cedars vs Boambee and 3pm Mens Highlanders vs Sawtell.

All teams have been competing strongly with the Dorrigo players proving, across all levels, that age and size don’t determine skill and staying power. The canteen will be open all day for hot food and drinks, snacks and cold drinks so join us to enjoy some great local football action.
The simplest way...
to host an Australia’s Biggest Morning Tea!

Did you know that Cancer Council NSW is 97% community funded? That means we rely on fundraising days like Australia’s Biggest Morning Tea for funds that go towards cancer research and programs like Eat It To Beat It.

Consider hosting your own healthy morning tea by:
- Cooking fruit or vegie based muffins
- Including vegie sticks and vegie dips like hummus
- Making seasonal fruit salad cups
- Spooning yoghurt into a cup, and topping with berries and muesli.

Every dollar you raise goes to vital cancer research and programs in your area - so grab some friends and organise your own Australia’s Biggest Morning Tea.

Visit biggestmorningtea.com.au to register and find lots of healthy morning tea options - happy hosting and thanks for your help!

The simplest way...
to bust hunger after school

Try these great fruity recipes that will keep your child satisfied until dinner time.

**Raisin Toast Rippers**
2 slices raisin toast topped with banana and a drizzle of honey.

**Krazy Kebabs**
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

**Fruity Smoothie**
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The simplest way...
to create a vegie garden at home

This spring all you need to start growing your own vegetable garden is a foam box!

Foam boxes are light and easy for you and your kids to manage.

**Step One:** Cut six drainage holes in the bottom of the foam box.

**Step Two:** Elevate foam box by placing it on some old bricks and fill with potting mix.

**Step Three:** Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).

**Step Four:** Water and care for your seedlings daily.

Try planting tomato, pumpkin and zucchini seedlings this spring… and watch your kids enjoy eating the results!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The simplest way...
to make a healthy breakfast.

We recommend eating two serves of fruit and five serves of vegetable every day.

Why? Because fruit and veg are packed full of nutrients and vitamins that give you energy, keep you healthy and help prevent diseases like cancer.

Try to get your family eating fruit and veg with breakfast – it will help all of you have more energy throughout the day.

You might like:
- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and yoghurt for a smoothie
- eggs served with cooked vegies - tomato, mushrooms and spinach.

**Remember:** try to eat fruit + veg at every meal!